

SRI-81 Shatavari

Potent, proven support for women's vitality

FOR CENTURIES, Shatavari has been used in Ayurvedic medicine to support women's health throughout every stage of life. It is revered for supporting vitality, fertility, resilience and female strength.

Ixoreal's branded ingredient **SRI-81 Shatavari** is the most clinically studied Shatavari extract in the world.



- + 18 clinical studies** (5 published, 4 completed, 9 ongoing)
- + Studies follow gold standard design: randomized, double-blind, placebo-controlled**
- + Conducted in partnership with major academic and research institutes**

SRI-81 Shatavari is scientifically proven to:



Regulate hormones and enhance reproductive health

A 12-week study conducted with 66 participants aged 20-40 evaluating SRI-81 Shatavari's effects on PCOS symptoms identified:

- + 19.2% reduction** in perceived stress score
- + 17.7% reduction** in ovarian volume
- + 28.6% reduction** in follicle count¹



Enhance libido and sexual vitality

An 8-week study conducted with 127 participants aged 18-55 evaluating SRI-81 Shatavari on women's sexual health identified:

- + Reduced** sexual distress
- + Substantial improvements** in tension, anger, fatigue and confusion
- + 34.2% improvement** in FSFI scores²



Boost lactation and support postpartum recovery

A 72-hour study on effects of SRI-81 Shatavari conducted with 113 breastfeeding participants showed:

- + 49% faster onset** of notable breast fullness
- + Improved** milk volume
- + Enhanced** postpartum recovery support³

Reduce stress and improve perimenopausal symptoms

An 8-week study conducted with 73 participants aged 40-55 evaluating SRI-81 Shatavari effects on perimenopausal symptoms identified:

- + 29.6% reduction** in perceived stress
- + 26% reduction** in hot flash frequency⁴



Ease menopausal symptoms and elevate emotional well-being

An 8-week study conducted with 125 women evaluating SRI-81 Shatavari's effects on menopausal symptoms revealed:

- + 57.9% decrease** in hot flashes
- + 2.1% increase** in Serum Estradiol level
- + 44.7% decrease** in Total Menopause Rating Scale score, indicating improvement in overall menopausal symptoms⁵



SRI-81 Shatavari is a high concentration full-spectrum extract. This means all the herb's constituents are available in their approximate natural proportions, ensuring maximum efficacy.

- Grown and harvested using **regenerative farming methods**
- Tested for purity and potency**, with only the best roots selected for extraction
- Produced using green chemistry** to extract the essence of the root, ensuring the extract remains free from harmful chemical residues
- Backed by 27 certifications**



The women's health market is increasingly embracing stage of life support. **Ayurvedic herbs like Shatavari are at the forefront of this growth.**

BETWEEN 2024 AND 2028

8-9%

Annual projected growth of the Ayurvedic herbs market, from **\$1.33 billion to \$1.86 billion.**

36-38%

Projected peak growth specific to Shatavari, rising from **\$3.4 million to \$10.4 million.**

AYURVEDIC HERBS accounted for 10.3% of all herb supplement sales in 2025.⁷



LEARN MORE

1.Y. Mhatre et al., "Efficacy and safety of Shatavari root extract in women with polycystic ovarian syndrome: A randomized, double-blind, placebo-controlled trial," Frontiers in Endocrinology (2026).

2.J. Ademola et al., "Effects of Shatavari (Asparagus racemosus) Root Extract on Sexual Wellness in Women: Findings from a Prospective, Randomized, Three-Arm, Parallel-Group, Placebo-Controlled Study," International Journal of Women's Health 18 (2026): 561213.

3.A. Aijaonkar et al., "Shatavari (Asparagus racemosus Willd) root extract for postpartum lactation: A randomised, double-blind, placebo-controlled study," Journal of Obstetrics and Gynaecology 45, no. 1 (2025): 2564168.

4.S. Mahajan et al., "Efficacy and Safety of Shatavari (Asparagus racemosus) Root Extract for Perimenopause: Randomized, Double-Blind, Placebo-Controlled Study, International Journal of Women's Health 17 (2025): 4057-4073.

5.J. Ademola et al., "Efficacy and safety of Shatavari root extract (Asparagus racemosus) for menopausal symptoms: a randomized, double-blind, three-arm, placebo-controlled study," Frontiers in Reproductive Health 7 (2025): 1654503.

6. Nutrition Business Journal "2025 Condition Specific Report".

7. Nutrition Business Journal "2025 Herbs and Botanicals Report".